

Application Serial No. : 10/064,416
Applicants : Thomas G. Topolski
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The listing of the claims will replace all prior versions and listings of claims in the application:

LISTING OF CLAIMS:

Cancel claims 3, 5, 6, 8, 17, 20, 21, and 23 without prejudice.

Please amend claims 1, 7, 9-11, 16, 18, 22, and 24-26 as follows:

1. (Currently Amended) A swim stroke trainer apparatus, comprising:

a forearm paddle adapted to be connected with a swimmer's forearm, said forearm paddle including a fin configured to convert generally forward motion into a generally downward force thereby promoting a downward motion of the hand and forearm, said forearm paddle including a hand portion contacting a swimmer's hand and a forearm portion contacting a swimmer's forearm ~~to limit motion between the user's hand and forearm~~, said hand portion including a stabilizer grip to be gripped by a swimmer's hand, said forearm portion including a connector connecting said forearm portion with a swimmer's forearm, wherein relative motion between the hand and forearm is limited, wherein said forearm paddle includes a throat having a resistance surface adjacent said fin, said resistance surface applying pressure to the forearm; and

a bicep/tricep float adapted to be connected with a swimmer's upper arm, said bicep/tricep float promoting an elevated elbow.

2. (Cancelled)

3. (Cancelled)

4. (Cancelled)

5. (Cancelled)

6. (Cancelled)

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7. (Currently Amended) The trainer apparatus of ~~claim 6~~claim 1 wherein said ~~member~~grip is laterally inclined.

8. (Cancelled)

9. (Currently Amended) The trainer apparatus of ~~claim 8~~claim 1 wherein said connector comprises at least one strap.

10. (Currently Amended) The trainer apparatus of claim 1 including ~~another~~another connector connecting said bicep/tricep float with a swimmer's upper arm.

11. (Currently Amended) The trainer apparatus of claim 10 wherein said ~~another~~another connector comprises at least one strap.

12. (Previously Presented) The trainer apparatus of claim 11, wherein said bicep/tricep float comprises at least two arcuate portions and wherein said at least one strap interconnects said at least two arcuate portions.

13. (Previously Presented) The trainer apparatus of claim 1 wherein said bicep/tricep float comprises at least two arcuate portions.

14. (Original) The trainer apparatus of claim 1 including a pair of said forearm paddles, one for each of the swimmer's forearms.

15. (Original) The trainer apparatus of claim 1 including a pair of said bicep/tricep floats, one for each of the swimmer's upper arms.

16. (Currently Amended) A swim stroke trainer apparatus, comprising:

a forearm paddle adapted to be connected with a swimmer's forearm, said forearm paddle including a fin configured to convert generally forward motion into a generally downward force, whereby said fin promotes a downward motion of the hand and forearm,

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said forearm paddle including a hand portion contacting a swimmer's hand and a forearm portion contacting a swimmer's forearm ~~to limit motion between the user's hand and forearm,~~
said hand portion including a stabilizer grip to be gripped by a swimmer's hand, said forearm portion including a connector connecting said forearm portion with a swimmer's forearm,
wherein relative motion between the hand and forearm is limited, wherein said forearm paddle includes a throat having a resistance surface adjacent said fin, said resistance surface applying pressure to the forearm; and

a bicep/tricep float adapted to be connected with a swimmer's upper arm, said bicep/tricep float including a floatation mass having a hydrodynamically configured surface adapted to facilitate gliding through water, whereby said bicep/tricep float promotes an elevated elbow.

17. (Cancelled)

18. (Currently Amended) The trainer apparatus of ~~claim 17~~ claim 16 wherein said fin slopes downwardly or upwardly from said throat.

19. (Cancelled)

20. (Cancelled)

21. (Cancelled)

22. (Currently Amended) The trainer apparatus of ~~claim 21~~ claim 16 wherein said ~~member~~ grip is laterally inclined.

23. (Cancelled)

24. (Currently Amended) The trainer apparatus of ~~claim 23~~ claim 16 wherein said connector comprises at least one strap.

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25. (Currently Amended) The trainer apparatus of claim 16 including ~~another~~ connector connecting said bicep/tricep float with a swimmer's upper arm.

26. (Currently Amended) The trainer apparatus of claim 25 wherein said ~~another~~ connector comprises at least one strap.

27. (Previously Presented) The trainer apparatus of claim 26, wherein said bicep/tricep float comprises at least two arcuate portions and wherein said at least one strap interconnects said at least two arcuate portions.

28. (Previously Presented) The trainer apparatus of claim 16 wherein said bicep/tricep float comprises at least two arcuate portions.

29. (Original) The trainer apparatus of claim 16 including a pair of said forearm paddles, one for each of the swimmer's forearms.

30. (Original) The trainer apparatus of claim 16 including a pair of said bicep/tricep floats, one for each of the swimmer's upper arms.

31. (Cancelled)

32. (Cancelled)